



CORNERSTONE AQUATICS CENTER

55 Buena Vista Road
West Hartford, CT 06107
Telephone: 860-561-8270
www.cornerstoneaquatics.org

Our Mission

Cornerstone Aquatics Center provides West Hartford residents and the surrounding community with high-quality, affordable aquatic and recreational opportunities in a safe, well-maintained facility that enhances their quality of life year-round.

The facility is Town-owned, and is operated by HealthFitness, Inc., a company with decades of experience managing fitness and aquatic centers. Our staff will help you design a blueprint for your fitness goals with membership options that keep you moving in the right direction.

Dive In!

Cornerstone offers a variety of ways for you and your family to swim, with our full time or low usage memberships or program pass options. Temporary passes are available. Stop in and we'll help you find the right membership option that fits your needs.

The facility schedule will be posted on our website, so you can plan your aquatics recreation. Get to know us, and we will show you everything you need to know about recreation.

Amenities

West Hartford's Cornerstone Aquatics Center offers three indoor pools, which vary in temperature as well as depth to suit your recreation needs.

Competition Pool: perfect for the serious lap swimmer

- 11 25-yard lanes with depths ranging from 4 ft to 13 ft
- 78-82 degrees
- two one-meter diving boards

Multi-Purpose Pool: great for the entire family

- 84-88 degree water
- zero depth entry ramp
- 6 25-yard lanes

Hydrotherapy Pool: relax before or after your swim

- oversized spa
- 102-degree swirling water

Fitness Room: dry-land recreation

- cardio equipment
- strength training equipment
- fitness classes coming soon!

Meet the Team

- Michael Kerrigan - General Manager. Mike is a West Hartford resident with decades of experience in pool management and aquatics programming.
- Nick Daddabbo - Aquatics Manager. Nick, a CCSU graduate, has been a regional swim instructor, swim coach and aquatics programmer. He brings his passion for aquatics to Cornerstone along with practical skills.
- Jill Hiriak - Customer Service Manager. Jill recently relocated to Connecticut from Hawaii. She has spent the past 12 years developing recreation programs and special events for the military. She previously managed the aquatics program in Pearl Harbor, Hawaii.
- Some faces may be familiar to members, while others have joined the staff recently. All of us look forward to serving you!

Hours Of Operation

Swimming Members:

Weekdays: 6 AM - 9 PM

Saturday: 7:30 AM - 8 PM

Sunday: 1 PM - 8 PM

Low Usage Hours:

Weekdays: 7 AM - 3:30 PM

Saturday: 12 PM - 8 PM

Sunday: 1 PM - 8 PM

Program Pass: Class Time ONLY

Water Fitness

Be part of a community that focuses on health, wellness and active living! Group classes, led by our certified instructors, are a great way to get a workout in a social environment. We offer a wide range of fitness sessions, including deep and shallow water workouts. Water fitness provides a low-impact, high-resistance exercise session. Pick from high intensity classes or gentle workouts to find the class that is right for you.

Lifeguard Certification Classes

Interested in becoming a lifeguard? Cornerstone offers American Red Cross Lifeguard Classes for those ages 15 and up. These classes provide a great opportunity to obtain the proper certification needed to get you a lifeguarding job with any facility that accepts American Red Cross Certifications. These courses are offered periodically throughout the year, so please check our calendar for more information on this program.



Birthday Pool Parties

Book your next party with us today! Enjoy your child's birthday in our party room with pool time, too. Our Birthday Party coordinators are here to help make your event fun and memorable. Cornerstone Swim Members receive a discounted reservation rate. Give us a call for details.

Family Fun Nights

Cornerstone will host family fun nights on a monthly basis. Check our schedule, then plan your family's social calendar. Join us for family fun, movies and activities! Call us or visit our website for more information.

SCUBA Diving

Want to learn to swim with the fish? Take SCUBA lessons with our certified SCUBA instructor. You'll earn your SCUBA certification in a safe environment so that you can confidently enjoy new underwater vistas on your next vacation. Contact us for details.



Competitive Swimming

Competitive swimming opportunities are available for both youth and adult members interested in competing in meets year-round. Competitive swimming stroke clinics will be offered throughout the year. Check our website for the most up-to-date program offerings.

Masters Swimming

Cornerstone offers guided Masters Swimming workouts geared towards adults who want a great workout in a fun, team environment. Our outstanding instructors will provide information on proper techniques for all four competitive strokes. This program is ideal for both beginners and those who are more experienced in the sport. Swimmers in this group meet either in the morning or evening for guided workout sessions in the lap pool. Show up when you can!

West Hartford Waves

Waves is a recreational swim team for children from 6 through 18 who live in, or attend school in West Hartford. It is run by parent volunteers. For more information about the team, please email them at info@whwaves.com or check out their website at www.whwaves.com.

Membership Options

Move one step closer to your goal – join now! Whether you plan to exercise alone or join as a family, our membership options are designed to help our community live a happier and healthier lifestyle. Discounted rates are available for seniors and community members with disabilities. Visit our website for details and fees.

Swimming Membership

The Swimming Membership is designed for families and individuals who plan to swim frequently. You may swim during nearly all of the 93+ hours the facility is open every week. Swimming Members also receive discounted rates on programs, and priority sign up for swim lessons, fitness classes and other activities and programs at Cornerstone. All West Hartford residents with active full Swimming Memberships may use the outdoor pools during the summer months for free.

This membership option offers the most flexibility of all the plans available. Dues may be billed monthly, quarterly or semi-annually. You may also designate in advance one or more calendar month(s) in which you would like your membership suspended, and deduct 5% off your annual dues for each inactive month.

Low-Usage Membership

The Low-Usage Membership is geared for those who expect to swim less often. This membership allows you to use the facility only during designated *Low-Usage Hours*. For each visit, you pay as you go, by paying for a single swim, or by purchasing a discounted punch pass. This membership option also entitles you to discounted rates for swimming lessons, fitness classes and other Cornerstone activities and programs.

Program Pass

Program Passes allow individuals or families to participate in programs without purchasing a membership. The annual registration fee allows a resident to enroll, on a space available basis, for lessons, water fitness classes and other Cornerstone programs.

Program Calendar

Cornerstone Aquatics Center's instructional programs offer something for every fitness enthusiast. From beginner level to advanced, let our experts help you improve with a variety of classes from toddlers, children, adults and seniors. Please visit our website for a complete listing and schedule of instructional programs.

Swimming Lessons

Group Lessons follow the curriculum and national standards set by the American Red Cross. Starting at 6 months of age, our progressive swim lesson program offers small class sizes with attention to all students to provide participants with feedback and instruction.

Private Lessons for youth will help your child learn beginner, intermediate or advanced skills at a pace that works for him or her, with instructors who mix excitement with skill development for a fun experience. Private lessons are available for teens and adults also.

Semi-Private Lessons with 2-3 participants are also a popular option.



Cornerstone Management Team

Michael Kerrigan, General Manager
Nicholas Daddabbo, Aquatics Manager
Jill Hiriak, Customer Service Manager

 **HealthFitness**
A Trustmark Company